QHHT – Preparation & FAQ

Your guide for the session with Tim Salomon

INTRODUCTION

What is QHHT?

QHHT stands for **Quantum Healing Hypnosis Technique** and was developed by Dolores Cannon. In a very deep, relaxed trance you gain access to your subconscious – called the **Higher Self** in QHHT.

Many people experience images, feelings or entire scenes that open up new perspectives: on life questions, relationships, recurring patterns and their own path.

AT A GLANCE

Your session

3–5 hours
pre-talk, hypnosis, follow-up

€350
incl. audio recording to keep

In person or online
Oberursel, home visit or Zoom

German & English
whichever you prefer

BEST PRACTICES

How to prepare

These steps help you get the most out of your session:

1 **Morning pages – one week before**

Write three pages of stream-of-consciousness every morning. Don't judge or delete – just let it flow. This helps you let go of your inner critic and practise the spontaneity that helps you in the session.

2 **Write down your questions**

Note what you would like to ask your Higher Self, for example about:

- Body and wellbeing – what is your body trying to tell you?
- Emotional topics and past experiences
- Relationships – family, love, special connections
- Career, money and creative blocks
- Life purpose, clarity and your path

3 **Meditation – optional but helpful**

If you already meditate, keep going! If not, no problem – morning pages are a good start. Meditation quiets the mind – ideal for hypnosis.

4 **Take the eye-roll test (please do it beforehand)**

The test shows how easily you go into trance. Ideally with a photo or video – you'll find the instructions in the online test:

qhht.tim-salomon.com/quiz?lang=en

5 **On the day of your session**

- Come rested, but not sleepy.
- Let go of expectations – every session is unique.
- Openness and curiosity are your best companions.

6 **During the hypnosis**

- Describe everything you see, hear or feel – the more detail, the better.
- Say whatever comes to mind first. Nothing is wrong or weird.
- Treat it as a journey of discovery – you cannot fail.
- Trust that everything that comes up has meaning.

7 **You will be very relaxed**

It's not about performance – it's about letting go.

LOCATION & DIRECTIONS

Where your session takes place

At my place in Oberursel

Tim Salomon
Holzweg 9b
61440 Oberursel (Taunus),
Germany

- Free parking directly in front of the house
- More public parking 1–2 minutes away on foot

At your home

In the Frankfurt am Main area I'm happy to come to you, so you experience the session in your familiar surroundings. Just mention it in our introductory call.

Online via Zoom

Traditionally, Dolores Cannon's method is not offered online. Thanks to my additional certification in **BQH (Beyond Quantum Healing)**, I can also guide you into trance via Zoom – and have done so many times.

The advantage: in your own surroundings you often feel especially comfortable and find it easier to let go.

Checklist for your Zoom session

- ✓ Plug your laptop into power
- ✓ Wired headset with good sound quality
- ✓ Turn off all apps and notifications on phone and computer
- ✓ A quiet room without interruptions
- ✓ Lie down – with a pillow and blanket
- ✓ Position your webcam so your face is clearly visible
- ✓ You'll hear a Zoom recording notification – no need to worry

FREQUENTLY ASKED QUESTIONS

FAQ

What's the structure of a session?

Allow 3–5 hours. We begin with an in-depth talk, then move into deep relaxation and regression, followed by contact with your Higher Self and a follow-up talk. You'll receive the audio recording afterwards.

What can I expect?

Every session is unique. Many clients report new insights, more clarity and a deep sense of calm. What exactly you'll experience can't be predicted – and that's part of the journey.

Does QHHT replace treatment?

No. QHHT is a method of self-exploration. I do not diagnose, make no promises of healing and do not replace medical or psychotherapeutic treatment.

Are there any contraindications?

QHHT is not suitable for people with Alzheimer's, schizophrenia, bipolar disorder, or severe hearing or speech impairments. Pregnancy is fine.

I don't think I can be hypnotised.

Hypnosis is a natural state everyone knows – for example while watching TV or daydreaming.

I struggle to open up to people. Will it still work?

Absolutely. You don't need to open up to me, but to yourself. I guide you – you lead.

More questions & answers: **qhht.tim-salomon.com/was-ist-qhht?lang=en**

CONTACT

Booking & questions

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Bring openness, curiosity and trust.

The answers are already within you – I simply help you find them.